

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

As the disease progresses, you may need to make some changes in your daily routine. For best results, plan activities for times you'll feel your best. Leave plenty of time to complete tasks. And take breaks when you need them.

Dressing

- Sit down to dress. This helps prevent falls.
- Choose clothes that are easy to put on and take off. Elastic waistbands and clothes that close in the front are good choices.
- Add paper clips to zipper pulls. This makes them easier to grasp
- Wear shoes with Velcro straps. Women should avoid high heels

Bathing and Grooming

- Install safety items in the bathroom, such as grab bars, non-slip bathmats, and raised toilet seats
- Sit down to brush your teeth, shave, or dry your hair. This helps reduce the risk of falls.
- Use liquid soap with a pump. Bar soap can be hard to hold.
- Wear an absorbent robe to dry off if using towels is difficult.

Eating and Drinking

- Choose foods that are easy to prepare and eat. Fresh fruits and vegetables make great snacks.
- Try large-handled forks, spoons, and knives if it's hard to grip utensils. Spill proof cups can help with drinking.
- Tell your doctor if you have any problems swallowing

Constipation

- Drink plenty of water
- Eat foods that are high in fiber, such as fruits, vegetables, and whole grains. A fiber supplement can also help.
- Get regular exercise
- Talk to your doctor about laxatives

Communicating

Over time, your voice may grow softer and less distinct. Your handwriting is also likely to become small and cramped. These tips can help you cope

- Breathe deeply before starting your sentences. If needed, your doctor may refer you to a speech therapist.

IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your current health condition.
For ALL emergencies requiring IMMEDIATE medical attention, call 911.

- Add a voice amplifier to your phone. This helps you be heard.
- Try typing instead of writing. If this is a problem, consider using voice-activated software for computers.
- Use foam grips on pens and pencils. These can make them easier to hold.

Sleeping

Many persons with Parkinson's have trouble sleeping. They may also move in their sleep and strike their partners. Be sure to tell your doctor if you're having sleep problems or recurrent nightmares. Medications can often help you sleep better.

Getting Out of Bed

You may feel very stiff and slow in the morning. It often helps to take medications before you get out of bed. Ask the doctor whether you can use dissolvable pills or chew pills with water. This can help medications work faster. Above all, remember to be patient and take your time.

Call Your Nurse or Doctor If:

- Your symptoms suddenly get worse
- You have severe constipation
- You have trouble sleeping
- You have problems chewing or swallowing
- You often "freeze" (are unable to move your feet) or begin having falls

Publication Source: Imke S, Hutton T, Loftus S, Parkinson disease: Caring and Coping, 5th ed., 2005

Online Source: Cianci H, Cloete L, Gardner J, Trail M, Wichman R
[<http://www.parkinson.org/NETCOMMUNITY/Document.Doc?&id=63>]

Online Source: Imke S, Hutton T, Loftus S
[<http://altrue.he.net/~theipi/altruesite/files/parkinson/About/CaringCoping.pdf>]

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